

The role of Valeology in raising a healthy generation

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Annotation: In this article, the education of the young generation in any social society is organized on the basis of a specific goal and applied in practice. The purpose of education is determined based on the development of social society, its direction of development, and the content of social relations. The main goal of education organized in the Republic of Uzbekistan today is to bring up a perfect person.

Key words and phrases: education, health, socio-economic development, Law "On Education", "National Program of Personnel Training", valeology, healthy generation, constructive approach.

Health is one of the important conditions of socio-economic development as an invaluable asset for every person. A person can live happily only when he has good health. Only a physically and mentally healthy person can create all the historical, cultural and national values that are sacred to every nation and every country. Therefore, health should be valued as the highest blessing among all existing values. Every society can rise to a higher level of socio-economic development only if it can evaluate human health as a high value, value it properly and put it in its proper place.

After the Republic of Uzbekistan gained socio-political independence, fundamental reforms are being carried out in all spheres of life. Reforms serve to establish a democratic, humane, legal society, which is recognized as the way of development and progress of the republic. As the task of building a democratic, humane, legal society is entrusted to the growing young generation, society, family and education system are equally responsible for the purposeful implementation of their education. Also, issues related to education, pedagogues, their professional potential, qualification and skill levels, moral image are among the priority issues of the state policy.

The national model, highlighted in the National Personnel Training Program of the Republic of Uzbekistan, is a model that fully reflects the image of a perfect person and a mature specialist - a cadre (specialist) prepared on the basis of the national-territorial features of the Republic of Uzbekistan and the achievement of advanced science, engineering and technology .

The work of educating a person is an extremely complex process, and mature people of society have been involved in this activity since ancient times. This situation means that it is important to determine the development of the young generation.

The implementation of the Law "On Education" and the ideas of the "National Training Program" depends on ensuring the success of reforms in the Republic's education system, on the moral image and professional skills of teachers, educators, and production masters working in educational institutions. After all, a pedagogue working in institutions of higher and vocational education should know how to organize the forms of teaching at the optimal level, to enrich the theory of formation of a well-rounded person with various new ideas.

"Valeology" is a science of human health care, which studies an important component of human development, legal and socio-economic development. The science of valeology is a science aimed at maintaining human health and is one of the directions of innovative processes.

Since the declaration of independence, the idea of bringing up a mentally and physically healthy generation, raising and forming a well-rounded person has risen to the level of state policy. In accordance with this idea, goal-oriented activities are being held step by step at the state level.

In implementing the idea of a healthy generation, special attention is paid to the following directions:
- preserving the national gene pool, strengthening the national mentality;
- raising a physically and spiritually healthy generation;

- to raise a free and independent, strong and honest generation;
- educating free young people who are talented and have a sound mind, who make correct judgments.

These ideas correspond to the direction of training students in healthy lifestyle skills based on physical and psychological health, introducing them to the general and reproductive health of the body, as well as forming a healthy generation, maintaining and strengthening the health of the individual and the nation.

The science of valeology creates an opportunity for the student to form an active strategy for maintaining and strengthening health by teaching a constructive approach to human health.

Health is the development of mental, physical and physiological qualities in a person, achieving an optimal level of work ability and maintaining social activity in the environment of maximum life expectancy.

The word valeology is derived from the Latin word and means "health", "to be healthy" and occupies a necessary place in solving the issues of raising a healthy generation. In this case, the task of the pedagogue is to instill in each student the skills and abilities to maintain and strengthen the health of himself and those around him to the extent possible.

Our educational institutions (family - educational institutions - neighborhood, out-of-school education, etc.) provide every child, teenager, boy, girl and adult with a healthy lifestyle, which is reflected in the important components of health: an active movement regime, exercise, physical culture and sports. It is necessary to form and develop the need for organization. Food, work and rest hygiene, personal and general hygiene, daily regimen, compliance with the requirements of personal and public hygiene, protection of the world around us (ecology and health), prevention of harmful habits, adherence to psychohygiene requirements, cooperative pedagogic relations between teachers and students requires necessity.

The subject of science "Valeology" is studied as a separate category that expresses human health as a high life value, unlike other sciences, it considers human health as an independent category, the essence, level and quality of which can be determined physiologically, psychologically and socially predictable.

The program pays special attention to the formation of a healthy lifestyle for students, familiarization with the theoretical and methodological foundations of valeology and its pedagogical, environmental, social, family areas, as well as the basics of maintaining and strengthening the health of workers in the educational process.

The purpose of teaching science is to teach the rational use of human life, genetic mechanisms and reserves, its adaptability to internal and external environmental conditions, as well as the laws of health formation.

The tasks of valeological science are as follows:

- formation of students' practical, research knowledge and skills regarding methods for assessing the level and quality of health;
- formation of a philosophy of health and a healthy lifestyle;
- creating an environment focused on health care;
- formation of students' knowledge and skills related to medical and hygienic culture;
- preparing young people to build a healthy family.

Preservation and strengthening of personal health by mastering the principles of a healthy lifestyle, as a result of acquiring knowledge, skills and abilities in science, in his future professional activity, he will have the skills of a responsible attitude to maintaining and strengthening the health of himself and those around him.

At the present stage of socio-economic development, when the processes of globalization are deepening, the protection of public health is of paramount importance. Including, this subject serves to strengthen the theoretical, methodological and scientific foundations of practical activities related to specializations. This indicates the practical importance of studying this subject.

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